



Dietary Bites

# Beef

## Nutrition Information

- Protein
- Vitamin B12
- Iron
- Zinc

## Drug Interactions

- Prolonged intake of acid blockers (Zantac, Pepcid) can decrease absorption of Vitamin B12. Beef is a great source of B12!

## Dig Deeper

Get more information, register, or download resources:

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mtharvestofthemonth.org

## Chronic- Diet Related Illness

- Improve Wound Healing (pressure ulcers, post-surgery, and injury). 15-20g (3oz meat) protein spaced evenly throughout day 5-6 small meals.
- Protein increases muscle mass and helps prevent illness
- Protein keeps you feeling full longer, which can help with weight loss
- B12 decreases homocysteine levels and may reduce risk of cardiovascular disease
- B12 improves brain function and memory loss
- Lean Beef (10% fat or less) and grass-fed beef contain more omega 3s
- Iron helps red blood cells transfer oxygen to body and improves energy levels
- Beef contains heme iron which helps with muscle function and aerobic capacity
- Zinc strengthens immune system and improves cognitive function

## Resources

University of Florida <http://edis.ifas.ufl.edu/pdffiles/He/HE77600.pdf>

<https://my.clevelandclinic.org/health/articles/nutrition-guidelines-to-improve-wound-healing>

<http://www.mayoclinic.org/diseases-conditions/heart-disease/expert-answers/grass-fed-beef/faq-20058059>



The Montana Harvest of the Month program showcases Montana grown foods in Montana communities. This program is a collaboration between Montana Farm to School, Office of Public Instruction, Montana Team Nutrition Program, National Center for Appropriate Technology, Montana State University Extension, Gallatin Valley Farm to School, FoodCorps Montana, and Montana Department of Agriculture. More information and resources are available at: [mtharvestofthemonth.org](http://mtharvestofthemonth.org).

Funds were provided in part by a USDA Team Nutrition Training grant, a USDA Farm to School grant, Montana Healthcare Foundation, Northern Pulse Growers Association, Montana Department of Public Health and Human Services, and Montana School Nutrition Association. USDA is an equal opportunity provider and employer. The Montana State University Extension Service is an ADA/EO/AA/Veteran's Preference Employer and Provider of Educational Outreach. This publication was supported by the Grants or Cooperative Agreements Numbers, 6 U58DP004818-03-01 & 5 U58DP004818-03-00, and funded by the Centers for Disease Control and Prevention. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Centers for Disease Control and Prevention or the DPHHS.